



Makes 5 cups
Cook Time: 40 minutes

INGREDIENTS:

- 6 oz. firm tofu
- 1½ cups ½-inch cubes peeled potatoes, cooked and cooled
- ½ cup chopped celery
- ½ of a small onion, chopped (¼ cup)
- ¼ cup sliced radishes
- 2 tablespoons soaked raw unsalted cashews (see tip in intro)
- 1 tablespoon nutritional yeast
- 2 teaspoons yellow mustard
- ¼ teaspoon sea salt
- 2 teaspoons extra virgin olive oil (optional, [learn more](#))
- ⅓ to ½ cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or rice
- Freshly ground black pepper, to taste
- Paprika
- Red leaf lettuce leaves
- 4 crispbread crackers

Almost Egg Salad

You'll never miss the eggs in this classic salad: Potatoes and **tofu** are delicious stand-ins. Red leaf lettuce and crispbread crackers makes a fresh, light base for serving, but you could also roll it up in a wrap, serve on toast, or scoop it up with apple slices.

Tips

Optional oil: This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add 20 calories, 2.5 grams total fat, and 0.3 g saturated fat per serving.

Cashews: To soak cashews, place them in a bowl and cover with very hot water. Let stand 30 minutes; drain.

By Nancy Macklin, RDN

- 1** Place tofu between paper towels. Top with a plate weighted with an unopened can of food. Let stand 30 minutes to press out as much liquid as possible, replacing paper towels once during pressing. Cut tofu into ½-inch cubes. In a large bowl toss together tofu, potatoes, celery, onion, and radishes.
- 2** For oil-free: In a small food processor or blender combine cashews, nutritional yeast, mustard, and salt. (*If using oil: In a small food processor or blender combine cashews, nutritional yeast, mustard, salt, and oil.*) Process until smooth, gradually adding plant milk until dressing is the consistency of ranch dressing. Add dressing to vegetables; gently toss to coat. Season with pepper and sprinkle with paprika.
- 3** Serve on red leaf lettuce with crispbread crackers.